

Meeting the Child and Adult
Care Food Program (CACFP)
Meal Patterns for Children


**Module 4: Meat/Meat
Alternates Component**



Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education

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Bite Size Training Modules





- Module 1 Introduction and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component**
- Module 5 Fruits and Vegetables Components
- Module 6 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce equivalents
- Module 7 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources/#BiteSize>

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Key Points About Meat/Meat Alternates


-  **Breakfast:** May substitute for entire grains component up to three times per week
-  **Lunch/supper:** Must be served in main dish, or main dish and one other item
-  1 ounce is not the same as 1 ounce of MMA
-  Commercial processed MMA products cannot credit without a Child Nutrition (CN) label or product formulation statement (PFS)

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MMA versus Protein

- **MMA** = Meal component of USDA meal patterns
- **Protein** = Key nutrient found in meats and meat alternates




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MMA versus Protein

- CACFP meal patterns require a specific amount of MMA, *not a specific amount of protein*
- Cannot use Nutrition Facts label or ingredients statement to determine MMA contribution



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Allowable MMA

- Fresh and frozen meats
- Processed meats
- Canned meats
- Meat alternates



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Reduce Choking Risk

- Consider age and developmental readiness
 - Nuts and seeds
 - Chunks or spoonfuls of nut/seed butters
 - Tough meat or large chunks of meat
 - Fish with bones
 - Large chunks of cheese, especially string cheese



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Reduce Choking Risk

- Use preparation techniques to reduce risk
 - Cut tube-shaped foods into short strips instead of round pieces
 - Remove all bones before cooking or serving
 - Grind up tough meats and poultry
 - Chop peanuts, nuts, and seeds finely, or grind before adding to prepared foods
 - Spread nut/seed butters thinly on other foods

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents/ChokingPrevention>

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Required Servings for MMA Component

| Meal Patterns for Children | Minimum serving | | |
|----------------------------|-----------------|-----------|----------------------------------|
| | Ages 1-2 | Ages 3-5 | Ages 6-12 and 13-18 ² |
| Breakfast ¹ | 0 | 0 | 0 |
| Lunch/supper | 1 ounce | 1½ ounces | 2 ounces |
| Snack | ½ ounce | ½ ounce | 1 ounce |


¹ May substitute for entire grains component up to three times per week
² During COVID, emergency shelters include participants through age 24

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Substituting MMA for Grains at Breakfast





- May substitute for *entire* grains component up to three times per week, regardless of number of days in week
- 1 ounce of MMA = 1 ounce equivalent (oz eq) of grains



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Examples of MMA Substitutions for Ages 3-5 at Breakfast

| MMA Substitution | Grains |
|---|---------|
| Cheese, ½ ounce  | ½ oz eq |
| Egg, ½ large  | ½ oz eq |
| Yogurt, ¼ cup  | ½ oz eq |
| Peanut butter, 1 tablespoon  | ½ oz eq |

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Sample Breakfast Menus with MMA Substitutions

| Component | Example 1 | Example 2 | Example 3 |
|-------------------------|------------------------|----------------|----------------|
| Milk | Low-fat milk | Fat-free milk | Low-fat milk |
| Vegetables/Fruits | Mixed berries | Melon cubes | Orange slices |
| Grains (MMA substitute) | Low-fat cottage cheese | Low-sodium ham | Scrambled eggs |

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USDA Webpage

Serving Meat and Meat Alternates at Breakfast

- Handouts, training slides, and webinars in English and Spanish

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast-cacfp>

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Required Servings for MMA Component

| Meal | Minimum serving | | |
|------------------------|-----------------|-----------|----------------------------------|
| | Ages 1-2 | Ages 3-5 | Ages 6-12 and 13-18 ² |
| Breakfast ¹ | 0 | 0 | 0 |
| Lunch/supper | 1 ounce | 1½ ounces | 2 ounces |
| Snack | ½ ounce | ½ ounce | 1 ounce |


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Main Dish Requirement for Lunch/Supper

- MMA component must be served in
 - a main dish **OR**
 - a main dish and only one other food item
- Example:** Lunch/supper for ages 3-5 = 1½ ounces MMA



1½ ounces of tuna



1 ounce of tuna + ½ cup of split peas

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USDA Webpage

Serving Meats and Meat Alternates at Lunch and Supper in the USDA Child and Adult Care Food Program

- Handouts, training slides, and webinars in English and Spanish

<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>

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Required Servings for MMA Component

| Meal | Minimum serving | | |
|------------------------|-----------------|-----------|----------------------------------|
| | Ages 1-2 | Ages 3-5 | Ages 6-12 and 13-18 ² |
| Breakfast ¹ | 0 | 0 | 0 |
| Lunch/supper | 1 ounce | 1½ ounces | 2 ounces |
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Serving Size for MMA

- Amount of a food or recipe required to provide 1 ounce of MMA depends on
 - type of food
 - added ingredients
- Minimum creditable amount = ¼ ounce



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1 ounce of MMA =

- 1 ounce of cooked lean meat, poultry, or fish
- 1 ounce of natural or process cheese (low-fat recommended)
- 2 ounces of cottage or ricotta cheese, cheese food/spread and cheese substitute (low-fat recommended)
- ¼ cup of cooked beans and peas (legumes)
- ½ large egg
- 2 tablespoons of nut or seed butters
- 1 ounce of nuts or seeds
- 2.2 ounces (¾ cup) of commercial tofu (containing at least 5 grams of protein)
- ½ cup of yogurt or soy yogurt (low-fat recommended)
- 1 ounce of tempeh
- 3 ounces of surimi
- 1 ounce of alternate protein product (APP)

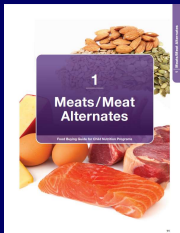
Amounts refer to MMA without added ingredients

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Use the Food Buying Guide (FBG) for Child Nutrition Programs

- Determines amount of **uncooked product** needed to yield the **cooked amounts** needed for food production
- Ensures correct crediting



1 Meats/Meat Alternates

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Use the Food Buying Guide (FBG) for Child Nutrition Programs




1 Meats/Meat Alternates


<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Crediting Requirements for MMA

- Commercial processed products
- Deli meats
- Dried meats
- Cheese
- Eggs
- Legumes
- Nut and seed butters
- Nuts and seeds
- Yogurt and soy yogurt
- Tofu
- Tempeh
- Surimi
- Alternate protein products



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Crediting Commercial Processed Products


- Do not credit based on weight



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Crediting Commercial Processed Products



1 ounce = 1 ounce MMA 1 ounce = ? MMA

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Crediting Commercial Processed Products

- Must have **documentation** for products that are processed or contain added ingredients
 1. Child Nutrition (CN) label
 2. Product formulation statement (PFS)

Commercial products without a CN label or PFS **do not** credit

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USDA CACFP Best Practices

Limit processed meats to no more than one serving per week

Serve only lean meats, nuts, and legumes

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf

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CSDE Resource

Crediting Commercial MMA Products in the CACFP

- Required documentation
- Resources

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCommercialMMACACFP.pdf>

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Crediting Deli Meats

- Review ingredients for deli meats and other processed MMA **before** purchasing
 - **Added liquids**, e.g., water and broth
 - **Binders or extenders**, e.g., carrageenan, modified food starch, whey, wheat gluten
- Know how to credit correctly

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditDeliCACFP.pdf>

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Crediting Deli Meats

| Without liquids, binders and extenders | With liquids, binders and extenders * |
|---|---|
| <ul style="list-style-type: none"> ■ Credit based on weight (ounces): 1 ounce equals 1 ounce MMA | <ul style="list-style-type: none"> ■ Credit based on percentage of meat in product formula: 1 ounce does not equal 1 ounce MMA ■ Must document with CN label or PFS |

* Review ingredients for cold cuts and other processed meats

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Examples of Products with Added Liquids, Binders, and Extenders

| Honey Ham | Roasted Turkey |
|--|--|
| Ham, water , honey, salt, contains 2% or less sugar, sodium phosphates, carrageenan , sodium propionate, sodium diacetate, sodium benzoate, sodium ascorbate, sodium nitrate | Turkey breast meat, turkey broth , contains 2% or less salt, sugar, modified food starch , corn syrup solids, sodium lactate, sodium phosphate, vinegar, flavoring |

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Food Buying Guide Amounts for 1 ounce of MMA


| Deli Meat Product | 1 ounce of MMA |
|--|----------------|
| Turkey ham, fully cooked | 1.4 ounces |
| Turkey ham, fully cooked, with 15% added ingredients | 1.7 ounces |
| Ham with natural juices, fully cooked | 1.12 ounces |
| Ham, water added, fully cooked | 1.22 ounces |

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>
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Summary: Crediting Deli Meats

- Use quantities in FBG
- Obtain a PFS if product is not listed in FBG



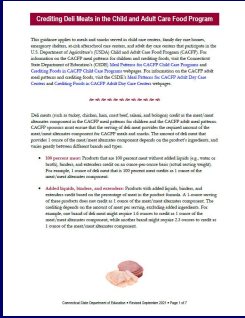
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CSDE Resource

Crediting Deli Meats in the CACFP

- Required documentation
- Binders and Extenders
- Resources



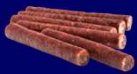
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditDeliCACFP.pdf>
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Crediting Dried Meat: Shelf-stable, Dried and Semi-dried Meat, Poultry, and Seafood

- Must have **CN label or PFS**
- Evaluate PFS for compliance

1. Creditable meat ingredient must match ingredients statement on product's label
2. Creditable meat ingredient must have a similar description to a food item in the FBG
3. Creditable amount cannot exceed product weight



USDA Memo SP 21-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs: <https://www.fns.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>
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USDA Webinar

Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products




<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products>
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Crediting Cheeses

| Type | 1 ounce MMA = |
|---|------------------|
| Natural cheeses, e.g., Colby, Monterey Jack, and Swiss | 1 ounce |
| Process cheeses, e.g., American | 1 ounce |
| Cottage or ricotta cheese | 2 ounces = ¼ cup |
| Cheese substitute, cheese food substitute, and cheese spread substitute * | 2 ounces |

* Must meet FDA's Standards of Identity for substitute foods






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Crediting Cheeses

- Maintain documentation for foods that contain cheese








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Crediting Eggs

- 1 ounce of MMA = $\frac{1}{2}$ large egg
- Only *whole eggs* credit
 - Liquid egg substitutes are not whole eggs
 - Egg whites do not credit if served without yolks
- Maintain documentation for egg-based foods

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Crediting Legumes (Beans and Peas)

- Legumes = beans and peas cooked from dry, canned, or frozen

Black beans
Edamame (soybeans)
Garbanzo beans (chickpeas)
Kidney beans

Lentils
Navy beans
Split peas
White beans



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Crediting Legumes (Beans and Peas)

- May credit as MMA or vegetable, but not both in same meal

| Menu item | Component |
|----------------------|------------|
| Chili (kidney beans) | MMA |
| Salad with chickpeas | Vegetables |
| Whole-grain roll | Grains |
| Orange slices | Fruits |
| Low-fat milk | Milk |





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Crediting Legumes (Beans and Peas)

- 1 ounce of MMA = $\frac{1}{4}$ cup of cooked legumes
 - Minimum creditable amount = $\frac{1}{2}$ cup (2 tablespoons)
- Liquid does not credit, e.g., sauce in baked beans




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Crediting Roasted Legumes

- Credit as MMA or vegetable, but not both in same meal
- 1 ounce of MMA = 1 ounce of roasted legumes
- Lunch/supper: No more than *half* of MMA requirement




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Crediting Roasted Legumes

- Credit as MMA or vegetable, but not both in same meal
- 1 ounce of MMA = 1 ounce of roasted legumes
- Lunch/supper: No more than *half* of MMA requirement
- Use discretion with individually wrapped snack-type legumes



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Crediting 100% Legume Flour Pasta

- Credits if *offered with another MMA*, such as cheese or meat
- 1 ounce of MMA = $\frac{1}{4}$ cup cooked

Ingredients:
Red lentil flour

Ingredients:
chickpea flour



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CSDE Resource

Crediting Legumes in the CACFP

- Crediting as vegetables and MMA
- Crediting legumes in recipes
- Resources

Crediting Legumes in the Child and Adult Care Food Program

The guidance applies to meals and snacks served in child care settings. Meals for children, regardless of age, must be balanced and nutritious and offer the variety that participants in the CACFP are required to provide. USDA's Child and Adult Care Food Program (CACFP) requires meals to be well-balanced and nutritious. The guidance is intended to help providers understand the requirements for crediting legumes in the CACFP.

The information in the CACFP and guidance for the Child and Adult Care Food Program (CACFP) is intended to help providers understand the requirements for crediting legumes in the CACFP. The information is intended to help providers understand the requirements for crediting legumes in the CACFP. The information is intended to help providers understand the requirements for crediting legumes in the CACFP.

Legumes include lentils, chickpeas, black beans, kidney beans, pinto beans, navy beans, lima beans, and soybeans. Legumes may be served in a variety of ways, including whole, cooked, and canned. Legumes may be served in a variety of ways, including whole, cooked, and canned. Legumes may be served in a variety of ways, including whole, cooked, and canned.

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditLegumesCACFP.pdf>


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Crediting Nuts and Seeds

- Almonds
- Brazil nuts
- Cashews
- Filberts
- Macadamia nuts
- Peanuts
- Pecans
- Walnuts

- Walnuts
- Pine nuts
- Pistachios
- Pumpkin seeds
- Soy nuts
- Sunflower seeds




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Crediting Nuts and Seeds

- 1 ounce of MMA = 1 ounce of nuts/seeds
- Lunch/supper: No more than *half* of MMA component




| Lunch for ages 3-5 = 1½ ounces MMA | |
|------------------------------------|---------------------|
| Nuts/seeds | $\frac{3}{4}$ ounce |
| Another MMA | $\frac{3}{4}$ ounce |

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Crediting Nut and Seed Butters

- Almond butter
- Cashew butter
- Peanut butter
- Sesame seed butter
- Soy nut butter
- Sunflower seed butter




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Crediting Nut and Seed Butters

- 1 ounce of MMA = 2 tablespoons of nut/seed butter
- 2 tablespoons = 1.1 ounces, not 1 ounce



| 1. Food As Purchased, AP | 2. Purchase Unit | 3. Servings per Purchase Unit, EP | 4. Serving Size per Meal Contribution | 5. Purchase Units for 100 Servings | 6. Additional Information |
|---|---------------------|-----------------------------------|--|------------------------------------|---------------------------------------|
| PEANUT BUTTER and OTHER NUT or SEED BUTTERS | | | | | |
| Almond butter, Cashew nut butter, Peanut butter, Reduced fat peanut butter, Sesame seed butter, Soy nut butter, Sunflower seed butter, Includes USDA Foods: peanut butter and Sunflower seed butter | No. 10 Can (108 oz) | 97.50 | 2 tablespoons nut/seed butter provides 1 oz meat alternate | 1.10 | 2 Tbsp = about 1.1 oz nut/seed butter |

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section1_MeatsAndMeatAlternatesYieldTable.pdf

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Crediting Nut and Seed Butters

- Consider the appropriateness of the serving size for each age group
- Full serving of nut/seed butter in one menu item may be unreasonable




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Crediting Nut and Seed Butters

Lunch/supper for ages 6-12

2 ounces MMA = 4 tablespoons peanut butter



2 tablespoons of peanut butter = 1 ounce MMA

$\frac{1}{2}$ cup of yogurt = 1 ounce MMA

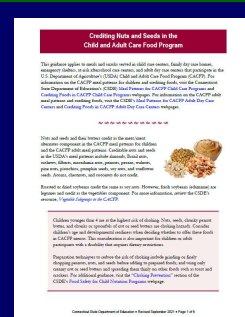
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CSDE Resource

Crediting Nuts and Seeds in the CACFP

- Crediting guidance for nuts, seeds, and nut/seed butters
- Resources




<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditNutsCACFP.pdf>

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Crediting Yogurt and Soy Yogurt


- Sugar limit: ≤ 23 grams of sugars per 6 ounces (≤ 3.83 grams/ounce)
- 1 ounce of MMA = $\frac{1}{2}$ cup volume or 4 ounces weight
- Same crediting for all types
 - Plain, flavored, and yogurt with added fruit (either blended or on the bottom)



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Does this yogurt meet the sugar limit?



| Nutrition Facts | |
|-------------------------------------|---------------------|
| Serving Size 1.4oz Container (119g) | |
| Servings Per Package 4 | |
| Amount Per Serving | % Daily Value |
| Calories 90 | Calories from Fat 0 |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 40mg | 2% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 13g | |
| Protein 10g | 20% |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 10% | Iron 0% |

| Fruit Yogurt | |
|-----------------------------------|------|
| A Sugars (grams) | 13 |
| B Serving size (ounces) | 4 |
| C Grams per ounce (Divide A by B) | 3.25 |
| D ≤ 3.83 grams/ounce? | Yes |

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CSDE Resource

Crediting Yogurt in the CACFP

- Serving size
- Sugar limit
- Yogurt in smoothies
- Noncreditable yogurt products
- Resources

Crediting Yogurt in the Child and Adult Care Food Program

The guidance applies to foods and meals served to child care centers, family child care homes, and licensed day care centers. It also applies to the preparation of meals in the CACFP and to the preparation of meals for children and adults in the CACFP. The guidance is based on the CACFP and the USDA's Child and Adult Care Food Program (CACFP) and the USDA's Child and Adult Care Food Program (CACFP) and the USDA's Child and Adult Care Food Program (CACFP).

Serving Size

Yogurt and other fermented milk products (e.g., kefir) are considered "yogurt" for the CACFP. The serving size for yogurt is 1/2 cup (4 ounces) for children and 1/2 cup (4 ounces) for adults. The serving size for yogurt is 1/2 cup (4 ounces) for children and 1/2 cup (4 ounces) for adults.

Sugar Limit

Yogurt and other fermented milk products (e.g., kefir) are considered "yogurt" for the CACFP. The sugar limit for yogurt is 10 grams of added sugar per 1/2 cup (4 ounces) for children and 10 grams of added sugar per 1/2 cup (4 ounces) for adults.

Noncreditable Yogurt Products

Yogurt and other fermented milk products (e.g., kefir) are considered "yogurt" for the CACFP. The following products are not creditable:

- Yogurt with added sugar
- Yogurt with added fruit
- Yogurt with added flavor
- Yogurt with added sugar and fruit
- Yogurt with added sugar and flavor
- Yogurt with added sugar and fruit and flavor

Resources

For more information, visit the USDA's Child and Adult Care Food Program (CACFP) website at <https://www.fns.usda.gov/cacfp>.

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditYogurtCACFP.pdf>

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USDA Resource

Calculating Sugar Limits for Yogurt in the CACFP

- How to determine if yogurt meets the CACFP sugar limit
- English and Spanish

Calculating Sugar Limits for Yogurt in the Child and Adult Care Food Program

The guidance applies to foods and meals served to child care centers, family child care homes, and licensed day care centers. It also applies to the preparation of meals in the CACFP and to the preparation of meals for children and adults in the CACFP. The guidance is based on the CACFP and the USDA's Child and Adult Care Food Program (CACFP) and the USDA's Child and Adult Care Food Program (CACFP).

How to determine if yogurt meets the CACFP sugar limit

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English and Spanish

For more information, visit the USDA's Child and Adult Care Food Program (CACFP) website at <https://www.fns.usda.gov/cacfp>.

<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

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USDA Webpage

Webpage: Choose Yogurts that are Lower in Sugar

- Handouts, training slides, and webinars in English and Spanish

Choose Yogurts That Are Lower in Sugar

The guidance applies to foods and meals served to child care centers, family child care homes, and licensed day care centers. It also applies to the preparation of meals in the CACFP and to the preparation of meals for children and adults in the CACFP. The guidance is based on the CACFP and the USDA's Child and Adult Care Food Program (CACFP) and the USDA's Child and Adult Care Food Program (CACFP).

Handouts, training slides, and webinars in English and Spanish

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<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

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Noncreditable Yogurt Products

- Drinkable or squeezable yogurt
- Frozen yogurt
- Homemade yogurt
- Yogurt bars
- Yogurt-covered fruits and nuts
- Yogurt-flavored products




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Crediting Tofu

- 1 ounce of MMA = 2.2-ounce serving by weight (1/4 cup volume)
- Three crediting requirements
 1. Commercially prepared
 2. Easily recognized as meat substitutes, e.g., tofu burgers and tofu sausages
 3. Contain **≥ 5 grams** of protein



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CSDE Resource

Crediting Tofu and Tofu Products in the CACFP

- Crediting requirements
- Steps for determining if product meets protein requirements
- Resources

Crediting Tofu and Tofu Products in the Child and Adult Care Food Program

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Crediting requirements

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- Yogurt with added sugar
- Yogurt with added fruit
- Yogurt with added flavor
- Yogurt with added sugar and fruit
- Yogurt with added sugar and flavor
- Yogurt with added sugar and fruit and flavor

Steps for determining if product meets protein requirements

Yogurt and other fermented milk products (e.g., kefir) are considered "yogurt" for the CACFP. The sugar limit for yogurt is 10 grams of added sugar per 1/2 cup (4 ounces) for children and 10 grams of added sugar per 1/2 cup (4 ounces) for adults.

Resources

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<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditTofuCACFP.pdf>

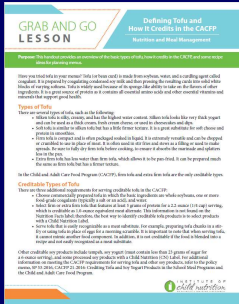
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Institute of Child Nutrition (ICN) Resource

**Grab and Go Lesson:
Defining Tofu and How It
Credits in the CACFP**

- Types of tofu
- Crediting requirements
- Recipe ideas




<https://theicn.org/resources/1538/nutrition-and-meal-management/120776/benefits-for-using-standardized-recipes-in-the-cacfp.pdf>

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Crediting Tempeh

- Fermented soybean cake
- Credits as meat alternate




USDA Memo SP 25-2019: Crediting Tempeh in the Child Nutrition Programs:
<https://www.fns.usda.gov/cn/crediting-tempeh-child-nutrition-programs>

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Crediting Tempeh

- 1 ounce of MMA = 1 ounce of tempeh
 - Applies only to products with the following ingredients: *soybeans (or other legumes), water, tempeh culture*, and for some varieties, vinegar, seasonings, and herbs
- To credit products with other ingredients, must have CN label or PFS




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Crediting Surimi Seafood

- Pasteurized, ready-to-eat, restructured seafood product
- Credits as meat alternate



USDA Memo SP 24-2019: Crediting Surimi Seafood in the Child Nutrition Programs:
<https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

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Crediting Surimi Seafood

| Amount of surimi | MMA contribution * |
|------------------|-------------------------------------|
| 1 ounce | ¼ ounce (minimum creditable amount) |
| 2 ounces | ½ ounce |
| 3 ounces | 1 ounce |
| 4.4 ounces | 1½ ounces |
| 6 ounces | 2 ounces |

* Must have CN label or PFS to credit differently

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USDA Webinar

**Additional MMA Options for CNPs:
Crediting Tempeh and Surimi**




<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

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Crediting Alternate Protein Products (APPs)

- Veggie burgers
- Meatless chicken nuggets or patties
- Soy hotdogs




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Crediting Alternate Protein Products (APPs)

- Commercial products made with APPs must meet specific USDA criteria (Appendix A of CACFP regulations)



<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226#Appendix-A-to-Part-226>
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Crediting Alternate Protein Products (APPs)

- Commercial products made with APPs must meet specific USDA criteria (Appendix A of CACFP regulations)
- Must obtain documentation from manufacturer
 - CN label
 - PFS
 - Signed letter from company official

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CSDE Resource

Requirements for Alternate Protein Products in the CACFP

- USDA criteria
- Required documentation
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/APPRequirementsCACFP.pdf>
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Examples of Noncreditable MMA *

| | |
|--|---|
| <ul style="list-style-type: none"> ■ Bacon ■ Commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice ■ Cream cheese ■ Egg whites ■ Imitation cheese ■ Sour cream | <ul style="list-style-type: none"> ■ Tofu products not easily recognized as meat substitutes ■ Tofu with less than 5 grams of protein in 2.2-ounce serving by weight ■ Yogurt or soy yogurt that exceeds 3.83 grams of sugars per ounce ■ Yogurt products, such as drinkable or squeezable yogurt, frozen yogurt, yogurt bars, and yogurt-covered fruits and nuts |
|--|---|

* This list is not all-inclusive

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More Resources



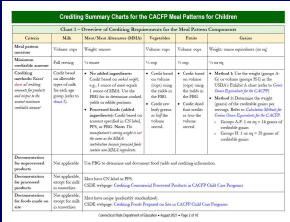
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CSDE Resource

Crediting Summary Charts for the CACFP Meal Patterns for Children

- Overview chart on crediting requirements
- Charts that summarize crediting requirements and methods for each component



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP.pdf

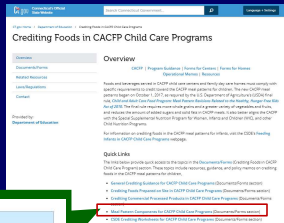
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CSDE Webpage

Crediting Foods in CACFP Child Care Programs

- MMA Component for CACFP Child Care Programs



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA>

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Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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